



Berry cheesecake in a glass

READY IN



20 min.

SERVINGS



2

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 150 g blackberries
- ☐ 1 tbsp brown sugar
- ☐ 1 lemon zest finely grated
- ☐ 4 grands flaky refrigerator biscuits crushed
- ☐ 1 knob butter melted
- ☐ 2 tbsp powdered sugar
- ☐ 0.5 mascarpone cheese

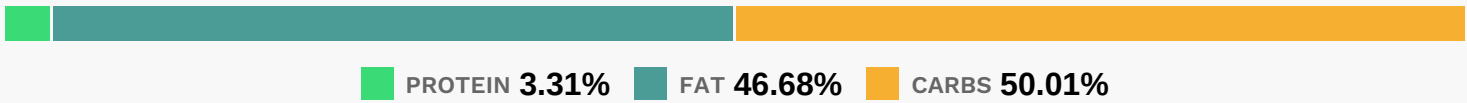
Equipment

☐ frying pan

Directions

- ☐ Toss the blackberries, caster sugar and 1 tbsp of the lemon juice in a small pan.
- ☐ Heat gently for 3–4 mins or until the berries start to burst. Leave to cool.
- ☐ Meanwhile, mix together the crushed biscuits and melted butter. Spoon into 2 glasses. Gently fold the rest of the lemon juice, the lemon zest and icing sugar into the mascarpone or ricotta. Divide the lemony cheese between the glasses, then spoon over the blackberries and their syrupy juices.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:8.81, Inflammation Score:-6, Nutrition Score:7.5847826029943%

Flavonoids

Cyanidin: 74.96mg, Cyanidin: 74.96mg, Cyanidin: 74.96mg, Cyanidin: 74.96mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 27.8mg, Catechin: 27.8mg, Catechin: 27.8mg, Catechin: 27.8mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 266.79kcal (13.34%), Fat: 14.24g (21.91%), Saturated Fat: 7.1g (44.37%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 29.78g (10.83%), Sugar: 21.76g (24.17%), Cholesterol: 22.83mg (7.61%), Sodium: 141.02mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Manganese: 0.57mg (28.71%), Vitamin C: 19.62mg (23.78%), Fiber: 4.55g (18.21%), Vitamin K: 17.78µg (16.94%), Vitamin E: 1.62mg (10.78%), Folate: 35.72µg (8.93%), Vitamin A: 445.1IU (8.9%), Copper: 0.15mg (7.39%), Iron: 1.13mg (6.3%), Vitamin B1: 0.09mg (5.86%), Vitamin B3: 1.16mg (5.82%), Vitamin B2: 0.09mg (5.28%), Magnesium: 19mg (4.75%), Potassium: 154.56mg (4.42%), Calcium: 36.3mg (3.63%), Zinc: 0.52mg (3.43%), Phosphorus: 32.82mg (3.28%), Vitamin B5: 0.3mg (2.96%), Selenium: 1.79µg (2.55%), Vitamin B6: 0.04mg (2.23%)